



# Potomac Association of Cooperative Teachers

[www.PACTeachers.org](http://www.PACTeachers.org)

## Fall 2016 Newsletter

### Letter from the Co-Presidents

This year is a very special year for parent cooperative preschools, as 2016 marks the 100<sup>th</sup> year anniversary of the first parent cooperative in the United States. In 1916, recognizing the importance of the preschool years to child development, twelve faculty wives at the University of Chicago started the first parent cooperative. These inspired and innovative women sought to lay a strong foundation for social and academic success for their children and to provide parent education for themselves, as well as to gain time to volunteer with the Red Cross. The parent cooperative preschool movement subsequently gained great momentum through the efforts of Katherine Whiteside Taylor, a founding member of Parent Cooperative Preschools International, who recognized the importance of parent participation, parent education, and community to children and families. Please join us this year in celebrating this important anniversary of the cooperative preschool history we all share!

We hope that you'll also join us in celebrating a special anniversary for PACT this year. The Potomac Association of Cooperative Teachers – P.A.C.T. – has been a vital and growing organization dedicated to the importance of creating a nurturing and enriching environment for preschool children and their families since its inception in 1961. This year we plan to both honor our 55 year history and prepare for PACT's future.

At our PACT Spring meeting we will reinstitute the PACT award for outstanding contributions to the education of young children. Criteria for the new PACT Award for Devoted Service in Early Childhood Education include:

1. Exemplary preschool teaching;
2. Encouragement of educational, social, and emotional growth of children and parents;
3. Demonstration of support for parents;
4. Continued professional growth;
5. Awareness of current concepts and trends in Early Childhood Education

Please be sure to nominate a deserving colleague by e-mailing [info@PACTeachers.org](mailto:info@PACTeachers.org) with details about your nominee no later than March 1<sup>st</sup>, 2017.

Finally, at our Fall PACT meeting we need your help in preparing PACT for the next 50 years! The Board needs to hear from you: How can PACT best serve you as an early childhood professional now and in the future? Brainstorm with us this fall! Teacher support groups? Increased use of social media? Dessert at every training? How can PACT inspire you further? How can we address your greatest challenges as an Early Childhood professional in a cooperative school? Share your ideas to benefit us all. We'll have places to post your thoughts and suggestions at the PACT Fall Professional Development Day.

We look forward to sharing this special year with you and hearing from you how to make PACT better than ever!

Warmly,  
Nancy Renner and Jennifer DeBernardis, Co-Presidents

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### Tribute to Bernadette Blum

Bernadette Blum, Director of River Park Nursery School on Capitol Hill, DC for two decades, passed away this June at the age of 75. She was a longstanding member of PACT, regularly attending Professional Development Days. Ms. Blum helped raise a generation of preschoolers to be secure, conscientious, and kind students. To all who knew her, she is remembered as much for being a parenting coach, a grandmother figure, and a child psychologist as she was a teacher. In a way that was both scientific and instinctual, she knew what made little kids tick.

Beginning as an elementary school teacher in the 1960s, Ms. Blum dedicated her entire life to early childhood education. As a grammar school teacher, she observed that many of the issues that stymied her students grew from habits they learned when they were younger. Catch them at the beginning of their school years, she reasoned, and you could give them a firm foundation that would set them on a path to social and academic success for life.

As an educator, Ms. Blum believed strongly that preschool should be focused on behavioral, not academic, learning. In an era when there was a national push to introduce reading and math at a younger and younger age, Ms. Blum urged patience, believing that the most effective learning was built on a foundation of good social behavior and an introduction to academics in their proper season.

Excerpts from article By Jody Pratt, [www.HillRag.com](http://www.HillRag.com)

### Professional Development Day Information

Venue: [First Christian Church of Falls Church](#), 6165 Leesburg Pike, Falls Church, VA 22044

Schedule:

- 9:00 - 9:30 Registration, refreshments, displays and exhibits
- 9:30 - 9:45 Business Meeting
- 9:45 - 11:15 First workshop session
- 11:15 - 11:45 Break - light lunch is provided
- 11:45 - 1:15 Second workshop session

**Credit:** Attendees will earn 3 clock hours of continued training in ECE. Certificate will be issued to participants on Professional Development Day.

**Vendors:** Make sure you allow time to check out the vendors' tables! There will be several displays, with a wide selection of goods.

**Resource Table:** Want to share information about an upcoming event, training, or ECE organization? Bring 25 copies for the resource table, located in the vendors' area.

**Further details:** [www.PACTeachers.org](http://www.PACTeachers.org)

## **Workshop Content Description and Core of Knowledge Areas**

### **1. Unlock your Imagination: Integrating Process Drama into the Preschool Curriculum.**

**Tanory Ateek, Silver Spring Day School**

**Curriculum 1.5 hours**

In this workshop, facilitated by Tanory Ateek, Drama and Movement Instructor at Silver Spring Day School, instructors learn to use process drama to expand participatory learning opportunities in the early childhood curriculum. Instructors will leave with an understanding of process drama and practical ways to use it to support the development of language, emotion regulation, social skills, problem solving, and creativity. Instructors also learn ways to alter dramas to accommodate English language learners and students with special needs.

### **2. Reuse Materials as a Resource for Collage to Develop Motor and Communication Skills.**

**Kelly Organeck, UpCycle, and Kathryn Horn Coneway, author and artist.**

**Curriculum 1.5 hours**

This workshop will explore collage in the preschool classroom. Inspired by Kathryn's picture book *Collette, A Collage Adventure*, participants will experience ways to integrate collage activities into classroom experiences using a wide range of materials from UpCycle's collection. Found objects and reuse materials serve as creative resources for children as they develop and enhance cutting, gluing and communication skills.

### **3. Utilizing Free Resources for Early Childhood Education.**

**Peggy Ashbrook, early childhood science teacher, mentor and writer.**

**Curriculum 1.5 hours**

"Free Resources" means everything from the empty egg carton to the public library to the teacher next to you. Learn how to find free resources online from the National Science Teachers Association and the National Association for the Education of Young Children, connect with your local children's librarian, forage for materials from nature and use the many reusable packaging products that are usually thrown away or recycled. Examples from a preschool classroom will be available and an extensive resource list will be provided.

### **4. Mindfulness in Schools**

**Gina Rollo White, Mindfulness practitioner and instructor**

**Health, Safety and Nutrition 1.5 hours**

This 90 minute session will introduce Mindfulness on an academic and application level: 1) overview of mindfulness, 2) introduction to the neuroscience of mindfulness, 3) hands on mindfulness meditation breakouts sessions, and 4) takeaway techniques and tools for mindfulness in the classroom.

## **5. Play is Power: Opportunities and Challenges to Child Power.**

**Courtney Gardner and Ben Dalbey, Community Playschool, Baltimore, MD**

**Child Development 1.5 hours**

What is powerful about play? What can our environment do to support play? What can we do as adults to support child-led play?

All young children are capable learners who construct their own knowledge through play. Unfortunately, the dominant approach to early childhood education – even in “play-based” education – regards young children as empty and inadequate. We will investigate this contradiction, share stories from the evolution of a child-led preschool environment, identify steps to advocate for and create space for play in early childhood.

## **6. The Truth about Consequence.**

**Mandy Lloyd, Conscious Discipline Trainer**

**Child Development 1.5 hours**

In this Conscious Discipline workshop, participants will reflect on the differences between punishments and consequences. We will de-bunk five myths about consequences and learn how to effectively use consequences in the classroom.

## **7. Understanding the Culture of Early Childhood: Growing and Improving the Quality of Our Work with Children.**

**Jacky Howell, professional development trainer and author**

**Professionalism 1.5 hours**

In this workshop, participants will look through the lens of children’s thinking in order to understand and better work with this age group. In an engaging and interactive format, participants will leave with ideas to help improve the quality of our work with children. Participants will have an opportunity to explore what an early childhood of culture means, examples and ideas will be shared to better understand childhood culture, discussion and stories will be shared to create the best program for children.

## **8. A Director's Survival Guide-Stay Afloat in Choppy Waters.**

**Kimberly Reinhard, professional development trainer and author**

**Professionalism 1.5 hours**

Workshop will look at tangible ways that administrators move past crisis management in centers and thrive amongst angry parents, difficult boards, challenging classrooms and children. Participants will discuss how to deal with challenging parents and learn to talk to families about concerns and issues; how to deal with aggressive children and manic environments by supporting teachers, families and children; and how to re-inspire boards and make them work for you. **Professionalism 1.5 hours**

## **9. Anxiety in Young Children: What It Looks Like and How to Help.**

**Dr. Kelly O’Brien, Alvord, Baker Associates**

**Special Needs 1.5 hours**

Participants will learn to recognize the signs of different types of anxiety in young children, understand the role of avoidance in maintaining anxiety and will take away at least three ways to help young children when they are feeling anxious.

# 10. Hop Off the Helicopter: Supporting Parents in Raising Resilient and Independent Children.

Sally Neuberger, LCSW-C

Special Needs 1.5 hours

This workshop will provide techniques and tools for encouraging healthy risk taking in children. Participants will learn how to identify over cautious children and adults, how and when to support reluctant parents and children, and offer ten techniques for modeling healthy risk taking for parents and children.

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## PICK YOUR WORKSHOPS AND SIGN UP BELOW

Please mail the completed form to Annette Fitzpatrick, 7203 46<sup>th</sup> St., Chevy Chase, MD 20815. If you have any questions, e-mail Annette at [Annette.fitzp@gmail.com](mailto:Annette.fitzp@gmail.com).

The registration form and \$50.00 membership fee (payable to PACT) is due **Friday, October 10<sup>th</sup>, 2016.**

### PLEASE PRINT

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Name \_\_\_\_\_ Phone Number (home) \_\_\_\_\_

Home Address \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address (will be used only for communication concerning PACT) \_\_\_\_\_

School name \_\_\_\_\_ Director's name \_\_\_\_\_

How many years have you been involved with Early Childhood Education?

\_\_\_\_ Rookie (0-3 yrs) \_\_\_\_ Veteran (4-10 yrs) \_\_\_\_ Seasoned Veteran (10+ yrs)

Are you interested in serving on the PACT Board? Yes \_\_\_\_ Maybe, need more info! \_\_\_\_ No \_\_\_\_

Workshop Choices: Indicate the NUMBER of the workshop below\*:

1st session # \_\_\_\_\_ 2nd session # \_\_\_\_\_ Alternates # \_\_\_\_\_

\*Each workshop will be capped at 35 participants. Alternate choices will be assigned after a workshop is full. Members may register via e-mail (include name, phone #, e-mail address, school, workshop choices) or attach a scanned registration form, however priority in workshop choices will be given to members whose fees have been received. Sign up early to ensure you can attend your first choice!

Lunchbox Choice: Ham \_\_\_\_ Turkey \_\_\_\_ Vegetarian \_\_\_\_

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